

The „MARATON”  
Foundation for Drug  
Prevention  
welcomes you.

# The „MARATON” Foundation

- **Founded in 1991**
- **6 locations across Poland**
- **Programs include local initiatives, intervention therapy centers, family counseling programs and community substance prevention efforts recommended by WHO, UNDP and UNICEF**

# Task financing

- The „Maraton Foundation” is one of 4 NGOs implementing the task „Free time activities for young people undertaking risky behaviours as an alternative to the use of psychoactive substances” in the City of Warsaw.
- Total subsidy for years 2008-2010 for the task is € 135.173 (540.693,00 zł), thereof € 46.134 (184.537,00 zł). for „Maraton Foundation”

# SKIT Studio



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# SKIT Studio - Summary

**Skit studio was founded in 2006 as a part of a municipal partnership program to provide an attractive activities package for a specific group of young people in Warsaw. Since then it has fostered ca. 10 long and short-term programs on the municipal, national (FIO) and local level.**

# SKIT Studio - Summary



**The facilities of Skit include a professional recording and sound management studio and a club area equipped and used for extracurricular activities, workshops, counseling, meetings, graphic design etc.**

# SKIT Studio - Summary

**During activity time Skit Studio provides:**

- **Recording, sampling, mastering and mixing of music and vocals including limited distribution of recorded material**
- **Basic musical instrument and software skills teaching**
- **Exchange and interaction**

**Additional activities:**

- **Graphic design**
- **Sports**

# SKIT Studio - Summary

- **Outside activity time Skit Studio provides:**
- **Counseling, access to individual and family therapy, workshops, legal and medical help**
- **Participation in events**

# Skit Studio - origins

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- The team
- The Foundation
- The studies
- The idea
- The first steps
- The support of Warsaw's Municipality

# Skit Studio – the mission

The mission and goal of Skit is to provide a modern, attractive, professional and target oriented activities package that is based on understanding and utilizing youth subculture trends and forms of expression, mainly Hip-Hop and street-art, in an effort to aid national and local programs in limiting substance abuse, marginalisation, different risk behaviors, and impact of poverty and family dysfunctionality on the young people of Warsaw in the ages 14-26.

# Our clients



# SKIT— Where and for Whom



- The places we operate are often seen as „bedroom districts” - people sleep there and work and live somewhere else. These districts lack places where young people could spend their free time in a safe, free and creative environment.
- We have gone out and invited young people who sat around city parks, benches and off-limit places to join our projects. Youth that is active and loud but often in conflict with the local community and law enforcement. Youth that has been marginalized by society and turned to cigarettes, alcohol and drugs for comfort and pleasure.

# Our clients

**Our clients belong to a group that, as studies and observation indicate, lacks an appropriate offer of after-school activities, is marginalized due to their life-style and form of expression. These people do not respond to the standard free-time activities and need a new, focused approach.**

# Our clients

- In 90% of cases belong to the Hip-Hop subculture or have ties to a different form of street culture.
- They avoid most institutional assistance, be it Youth Clubs, sport Clubs, interest groups etc.
- Mostly come from dysfunctional or impoverished families
- Are endangered by substance abuse, different risk behaviors, violence both domestic and other, crime, health hazards, **unemployment and limited social skills**

## Our clients

- *„The greatest dream of any man is to meet someone who will assist him in achieving his full potential”*

( Ralph Waldo Emerson )

# *THE BIG TRICK*

What does all this have to do with  
drug prevention?

How do adults operate and what do they expect?

What are the attributes of youth?

# SMART

**S**pecific

**M**easurable

**A**ccessible

**R**eal

**T**ime-oriented

# TRAMS-SMART

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**T**alent

**R**ebellion

**A**ctivity

**M**iracle

**S**pontaneity

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# “INSPIRATIONS AND REALITY”

— OUR GOAL

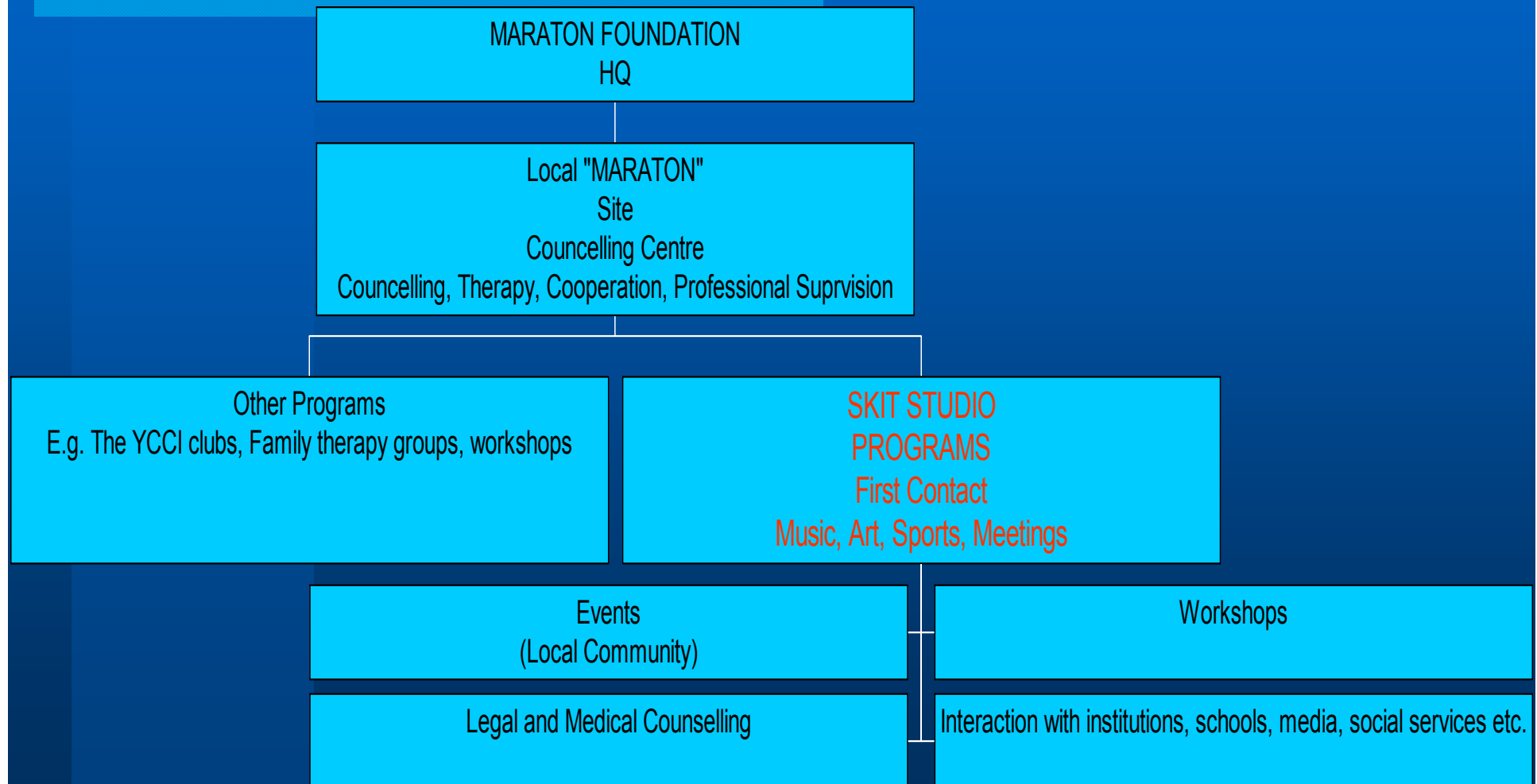
- **CREATIVITY AND REALITY**
- **BEING YOUNG AND AWARENESS**
- **BEING SPONTANEOUS AND RESPONSIBILITY**

# Basic assumptions

**Skit Studio is a product that operates on the following principles:**

- **Focus and simplicity**
- **Target orientation**
- **Attractiveness**
- **Field competence**
- **Long term strategy**
- **Cooperation**

# Structure and service flow



# Day-to-day methods

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## Setting – the Golden Rules

1. Sobriety and abstinence during activities!
2. No verbal or physical abuse!
3. Time frame!
4. Individual contracts

# Day-to-day methods

## Contact

- Understand your client and his world – respect it
- Observe your own rules
- Observe interpersonal distance and balance your intervention profile
- Limit your interactions to the setting as much as possible

# Day-to-day methods

## Modeling behavior

- **Positive modeling**
- **Guide your client – you are his point of reference during activities**
- **Do not avoid difficult subjects – knowledge and experience**
- **You may be the first public institution contact for your client – show him it is worth it**

# Day-to-day methods

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## During activities

- **Be involved in the creation process**
- **Be at 80% - always leave resources and a space to ease down**
- **Learn from your clients**
- **Always be ready for the unexpected**

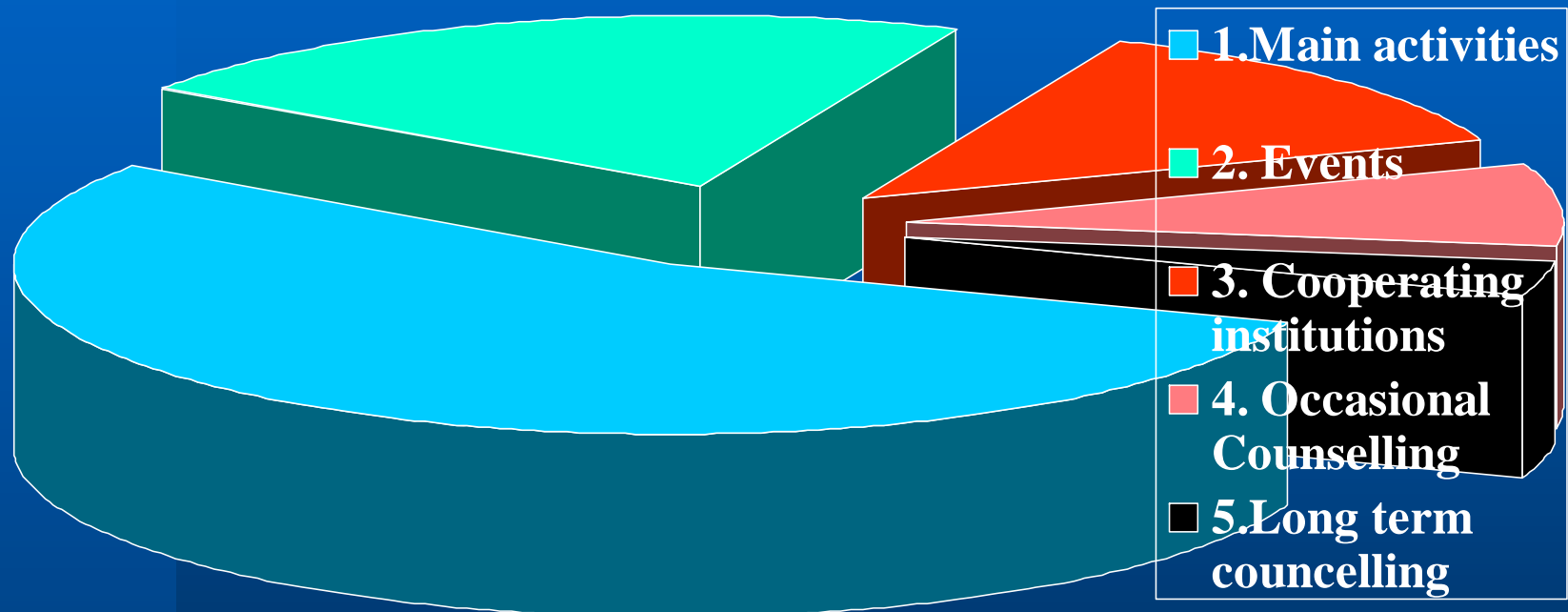
# Day-to-day methods

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## Intervention and counseling

- **Be aware of your limitations and your position**
- **Always have the knowledge of appropriate institutions and persons to outsource at hand**
- **Always show options**

# Participation



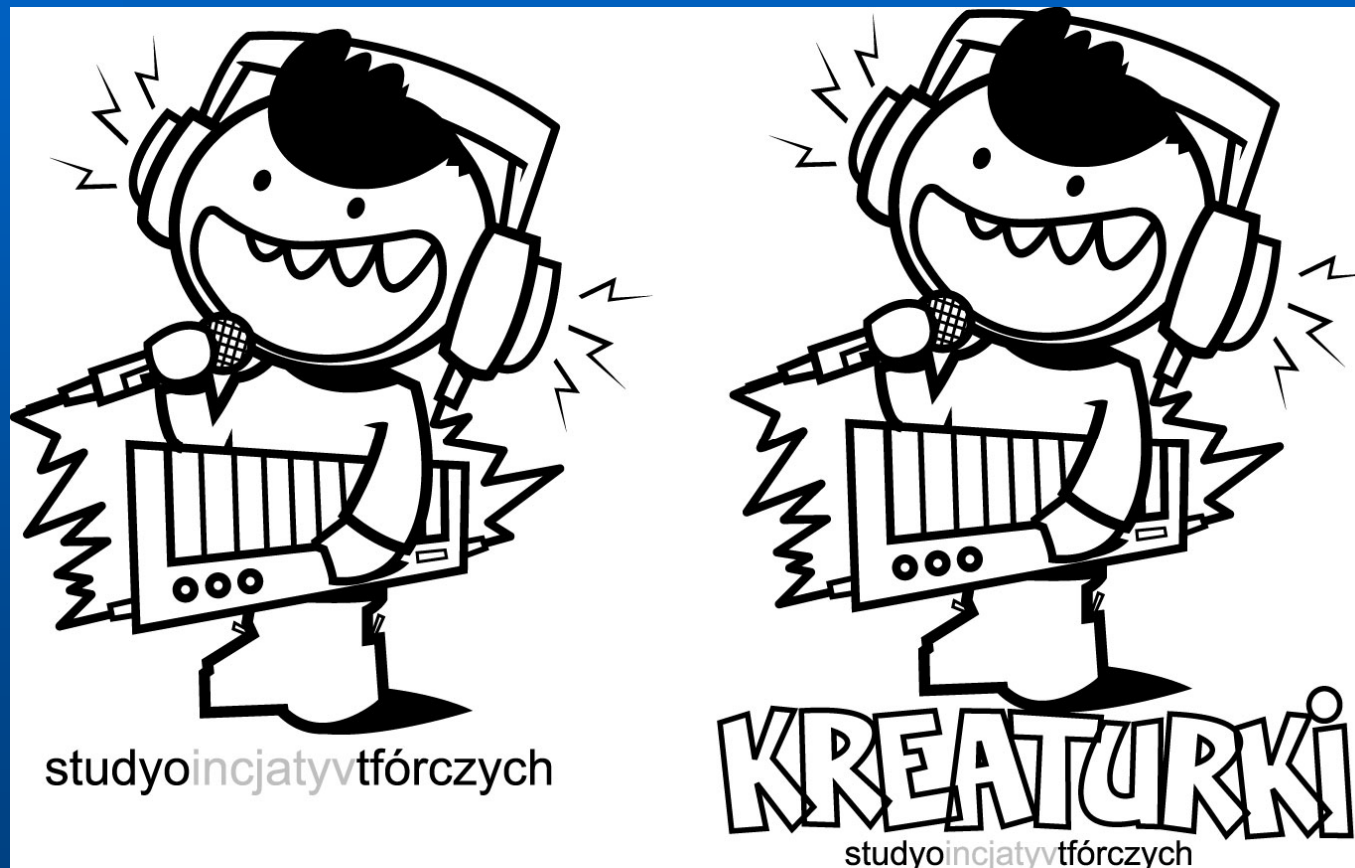
# Participation

- Skit studio is open for ca. 2500 hours yearly
- Ca. 120 clients yearly participate in activities free of charge
- On average, at least 2 big concert events are organized by the studio, and many smaller ones

# Effects

- **A note on measurability**
- **Measurable effects – factors**
- **Observation**
- **Community**
- **Media**

# SKIT- gets there



# Events



- Ursynów Hip-Hop Jams
- Local concerts organized by municipality
- The big Hip-Hop for Hip Hop concert

The „URSYNOW HIP HOP JAM 2006” event was doubtless our loudest (and biggest) achievement.

We put strong emphasis on the process of sharing passion and knowledge between young people from our clubs and those who haven't joined us yet. :)

Young people understand each other best. Young people trust each other and communicate well among themselves. This has led to the idea of Peer Education that we actively implement.

While SKIT played, we disillusioned young people in the area of drug use, by propagating the campaign - “Live healthy, don't believe in illusions”

That's the way to go : have a look at how how the young do it:

**This concert was initiated by a 17-year old.**

# HIP HOP by night



# SKIT– Hip Hop Jam 2006



# The Future - possibilities

- Possible network expansion
- Private sector – CSR (Corporate Social Responsibility) and possible additional funding sources
- EU funds
- The media and how to use them 😊

*„There are no shortcuts to any place worth going there.“*

(Beverly Sills)



Thank you for your attention.

We wish you farewell and hope  
to meet again.

See ya 😊